

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Comparison of the effect of resilience training and coping strategies on quality of work life and burnout of nurses working in acute wards

Protocol summary

Study aim

The effect of resilience training and coping strategies on quality of work life and burnout of nurses working in acute wards

Design

A control trial with a control group, with a factorial group, not blinded, randomized phase 3 on 96 patients, was used for block randomization.

Settings and conduct

Location: Acute ward of Imam Sajjad Hospital in Yasouj, The groups are randomly divided into two groups: control and intervention. The intervention group: The intervention is done theoretically and practically (workshop in ten sessions). Resilience training and coping skills training and in the control group pamphlet sessions. Available at the end of the intervention.

Participants/Inclusion and exclusion criteria

Log in: having a bachelor's degree, working in morning and evening shifts, having at least one year of work experience, working in Imam Sajjad Hospital. No entry: reluctance of the nurse to participate in the study, participate in training courses on coping strategies for resilience training in the last 6 months

Intervention groups

The intervention is done theoretically and practically in ten sessions. Resilience training Familiarity and relationship building, familiarity with the general framework of the discussion, familiarity with internal support factors, familiarity with external support factors, familiarity with ways to create resilience, emphasis on the importance of meaning To unchangeable problems. Teaching coping skills: Familiarity and relationship building, conceptualizing the interactive nature of stress, performing mental imaging technique, consequences of depression and relaxation training, relaxation training, cognitive reconstruction, cognitive reconstruction, self-employment replacement, social support, Browse homework. At the end of the educational content, a pamphlet will be provided to

the control group.

Main outcome variables

quality of life and burnout of nurses

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210425051079N1**

Registration date: **2021-07-10, 1400/04/19**

Registration timing: **prospective**

Last update: **2021-07-10, 1400/04/19**

Update count: **0**

Registration date

2021-07-10, 1400/04/19

Registrant information

Name

Sajad Faghihi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 74 3333 7230

Email address

sajad.faghihi@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-21, 1400/04/30

Expected recruitment end date

2021-08-21, 1400/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparison of the effect of resilience training and coping strategies on quality of work life and burnout of nurses working in acute wards

Public title
The effect of resilience training and coping strategies on nurses' quality of work life and burnout

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Have a bachelor's degree or higher in nursing Being busy in the morning, evening and night shifts of the hospital Have at least one year of work experience Nurse working in Imam Sajjad Hospital
Exclusion criteria:
Reluctance of the nurse to participate in the study Participate in coping strategies training courses in the last 6 months Participate in resilience training courses in the last 6 months

Age
No age limit

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **96**

Randomization (investigator's opinion)
Randomized

Randomization description
The process of random allocation of blocks is performed in such a way that first by multiplying the number of studied groups (two groups) by 2, the number of samples of each block is calculated equal to 4, then by factorial calculation of the number of samples of each block, the number of resulting blocks Of all the arrangement modes of individuals, 24 blocks were calculated and the blocks involved the possible arrangement of individuals were considered as intervention group A and control group B.The number of people in each block was 4 and the sample size was 96 people.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Yasuj University of Medical Sciences

Street address

Yasuj University of Medical Sciences , Motahari Blvd

City

Yasuj

Province

Kohgilouyeh-va-Boyerahmad

Postal code

7433337230

Approval date

2021-01-13, 1399/10/24

Ethics committee reference number

IR.YUMS.REC.1399.174

Health conditions studied

1

Description of health condition studied

Burnout

ICD-10 code

Z73.0

ICD-10 code description

Burn-out

Primary outcomes

1

Description

Burnout

Timepoint

Before intervention

Method of measurement

Occupational burnout questionnaire

2

Description

Coping strategies

Timepoint

Before and after the intervention

Method of measurement

Coping Strategies Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention is done theoretically

and practically (workshop in ten sessions). Resilience training (session 1: familiarity and relationship building, 2: familiarity with the general framework of the discussion, 3: familiarity with internal support factors, 4: familiarity with External Support Factors, Sessions 5 to 9: Familiarity with ways to create resilience, 10: Emphasis on the importance of giving meaning to irreversible problems. Coping skills training: 1: Familiarity and relationship building, 2: Conceptualizing the interactive nature of stress, 3: Implementation of mental imaging technique, 4: Consequences of depression and relaxation training, 5: Relaxation practice, 6: Cognitive reconstruction, 7: Cognitive reconstruction, 8: Replacement of self-employed people, 9: Social support, 10: Review of homework.

Category

Other

2**Description**

Control group: The session pamphlet is made available to them at the end of the intervention.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Sajjad Hospital

Full name of responsible person

Dr Mohammad Tahmasebi Sisakht

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Yasouj University of Medical Sciences

Full name of responsible person

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Yasouj University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Yasouj University of Medical Sciences

Full name of responsible person

Khairallah Nourian

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Yasouj University of Medical Sciences

Full name of responsible person

Sajad Faghihi

Position

Master student of psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available